



Building Stepfamilies That Work[®]

Goal Setting

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Instructions: Complete this exercise together. Follow the steps in order. Bring your completed exercise to the next class/session.

OUR GOALS

Step 1. As a couple, decide upon a minimum of three goals that you want to accomplish by the end of the course. Write them out below—from most to least important.

Goal 1 _____

Goal 2 _____

Goal 3 _____

Step 2. Now, click on the link on the BSTW Download site, or copy the following URL into your web browser and watch the video: **How To Succeed**. [Note: there are no spaces in the URL]

You will need to supply your username and password. [Running time: 9 minutes 18 seconds]

<http://bstw.helpmetrics.com/access/HowToSucceed.html>

SMART GOAL CHARACTERISTICS

Specific: Guard against setting vague or general goals. Select your goals to be specific to the person, activity or interest. Keep them simple. Break down large goals into smaller components.

Measurable: Each goal must be stated in such a way that it can be accurately measured. Use frequency, duration, distance, amount and other “measures” that can be easily counted, graded or evaluated, rather than things like “changes in emotion” or “better attitude”, that are very difficult to quantify.

Achievable: Goals must be set so they can be attained within a reasonable time frame. Goals that are set so high that they can't be reached will lead to frustration and a loss of motivation.

Realistic: Goal statements must be meaningful to the individual, and fall within their capabilities. If a miracle must occur for your goal to be realized, your goal is not realistic.

Time limited: Each goal, and the steps you need to take towards achieving it, should be placed upon a “time line” (e.g., completed within 20 minutes, 2 days, 3 weeks, etc.) to keep your progress toward your goals on track.

OUR SMART GOALS

Step 3. Rewrite the goals listed on page 1 as SMART goals. Ensure that each of your goals includes the five SMART characteristics.

SMART Goal 1: _____



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Step 4: Post copies of this document, or cutouts of the textbox below, in conspicuous locations.

Turbo Charging Our SMART Goals

1. Goals written down on paper? Done!
2. Have you “gone public”? Yes No
3. Have you pictured success in your mind’s eye today? Yes No
4. Have you placed reminders of your goals in conspicuous locations? Yes No
5. Has your behaviour been consistent with your goals? Yes No
6. What do you need to do **today**, to move one step closer to succeeding?

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